## Abstract of the Disclosure

A heat exchanger for heating or cooling objects is flexible and can conform to surface profiles of objects to be warmed or cooled. The heat exchanger has a volume having at least one inlet for receiving a heat exchange fluid and at least one outlet. A flexible plate essentially impermeable to the heat exchange fluid is penetrated by substantially rigid thermally conductive members. The members provide paths of high thermal conductivity through the plate. The heat exchange fluid may be water based.

5